**Mindfulness Activities**

**The Raisin Activity**

Hand out a single raisin to each member of the class.

Read the following out aloud to the class……….

Pick up a raisin and hold it in the palm of your hand. Look at it. Examine it. Describe the raisin. What does it look like? What color is it? What does the texture look like? Now, feel the raisin in the palm of your hand. What does it feel like against your skin? Pick it up with your other hand. What does it feel like in your fingers? What is its texture? Is it slimy? Rough? Smooth? Soft? Hard? Squeeze it softly. What do you feel? Smell the raisin. Describe how it smells. Put the raisin in your mouth, but do not eat it. What does it feel like on your tongue? What does the texture feel like now? How does it taste? How does the taste compare to the way it smelled? Move it around in your mouth and notice every aspect of the raisin. Bite the raisin and describe what you taste. Now how does the raisin feel in your mouth? Finish chewing and eat the raisin. How did it taste?

Describe the experience of the raisin.

**The Park Bench Activity**

Imagine you are sitting on a park bench. As people pass by you, notice them. For a time, you allow them to become the center of your focus. You notice the older woman walking the small dog. You notice the young man jogging. You note their appearance. You observe their behaviour. For as long as they are in front of you, they are your focus. If two people are in front of you, you notice them both. You do not need to invite anyone over to your bench to sit down and talk. Nor do you need to get up from your bench to walk with anyone. In as much as you engage them, you do so only from a distance. You observe them objectively from your bench. When they move on and are no longer in front of you, you let them go as you turn your attention to the next passerby.

This park bench experience is analogous to an exercise that can be done with your thoughts, feelings, physical sensations, and observations of the space around you (the three levels of your expanding "bubble of awareness"). Imagine that the people in the park are your thoughts, feelings, etc. Sit quietly and allow yourself to become aware of your thoughts, feelings, etc. At any given moment, whatever is the most prominent thought, feeling, etc. is the person in front of you in the park. Notice it. Describe it. For as long as it is the most prominent thought, feeling, etc. allow it to be the focus of your attention. As it fades away, allow something else to become the focus of your attention. You do not need to chase after anything. You do not need to invite anything to sit with you. You are in control. Just notice it and name it, out loud perhaps.

**Evaluation of the Mindfulness Activities**

**What did you learn from today’s activities?**

**Did you feel any changes to your state of consciousness? Please be specific.**

**How will this help you on a daily basis?**